

Sixth Summer Course
in the
Fundamental Gymnastics
of Niels Bukh
at
Ollerup, Denmark
1933

A Six Weeks Summer Course

to be given at

The Gymnastic Peoples College

Ollerup, Denmark

July 10 to August 18, 1933

Organized and conducted by

Russell Sage College, School of Physical Education and Hygiene

Troy, New York

American Representative of Niels Bukh



NIELS BUKH

FOUNDER AND DIRECTOR
GYMNASTIC PEOPLES COLLEGE

AMERICAN COURSE FOR TEACHERS OF PHYSICAL EDUCATION

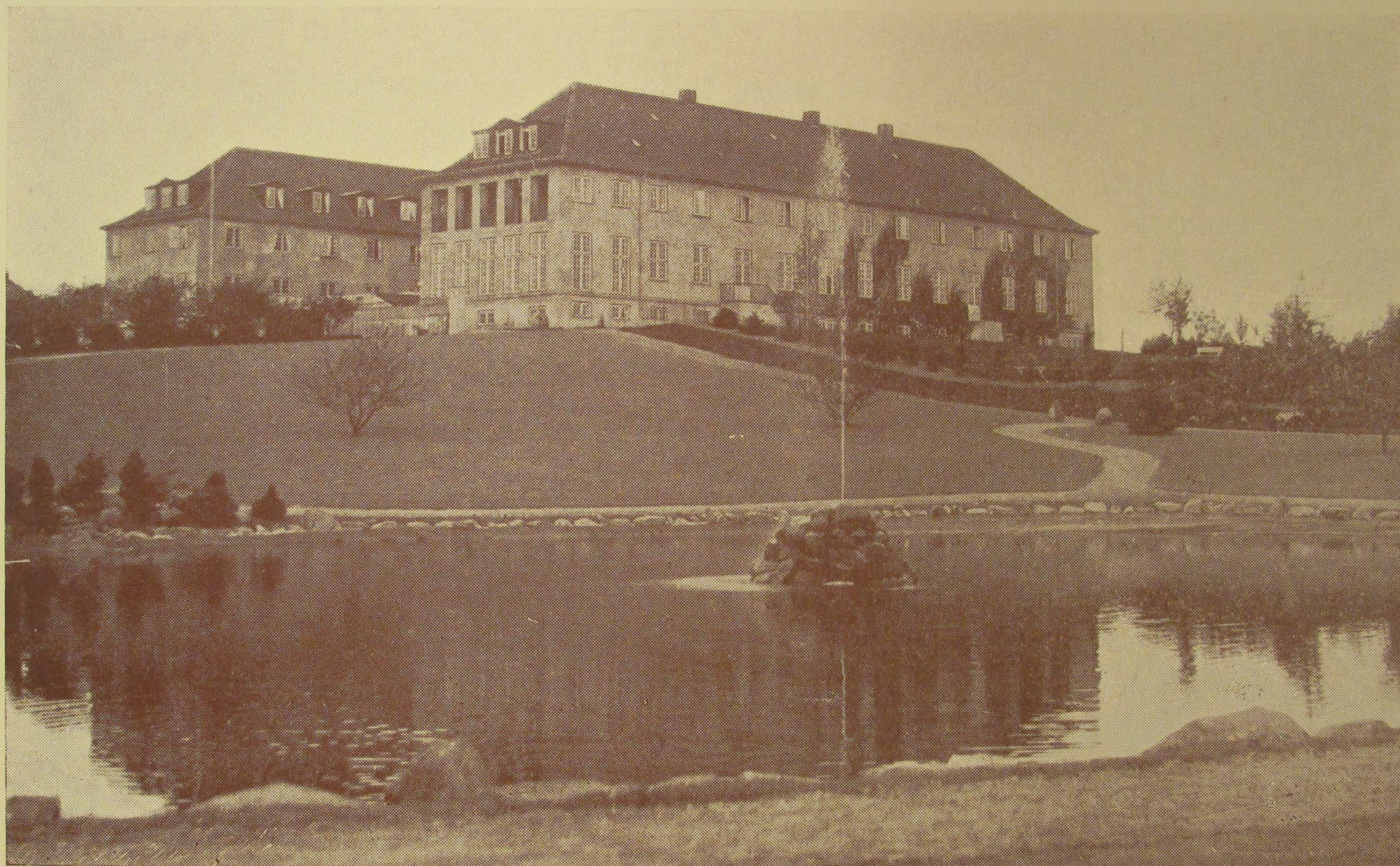
Niels Bukh and his internationally famous "Fundamental Gymnastics" need no introduction to American teachers of Physical Education.

One hundred and twelve American teachers have been members of five summer courses, and have carried the inspiration, principles, and technique of Niels Bukh to eighteen states of the Union, Canada, and six foreign countries.

The first course was organized and conducted by the Central School of Hygiene and Physical Education in the summer of 1926; and groups went to Denmark each year thereafter until 1931. Mr. Bukh was unable to take a course in 1931, because of his journey round-the-world which was instigated and financed by the Japanese government. With a group of twenty-five of his students, he was absent from Denmark from August to December of that year and gave one hundred demonstrations in Poland, Soviet Russia, Manchuria, China, Japan, Canada, and the United States.

In 1932, the probability that Niels Bukh might accept the invitation to demonstrate his work at the Olympic Games in Los Angeles made it seem inadvisable to organize an American course.

The many women who have been eagerly awaiting the organization of another group are now assured that the sixth course will be given in Ollerup in the summer of 1933. The group will be organized and conducted by Miss



GYMNASTIC PEOPLES COLLEGE

Helen McKinstry, Director of the School of Physical Education of Russell Sage College, and Miss Emily Andrews, co-author of "Fundamental Gymnastics of Niels Bukh," and the first and leading exponent of the work in the United States.

THE GYMNASTIC PEOPLES COLLEGE

Niels Bukh's school is located in Ollerup, Denmark, on the island of Fyn. The buildings are beautifully situated on high ground with a panorama of fields, woods and lakes spread out in every direction.

The equipment for technical work is one of the finest in the world. It includes a gymnasium, large indoor swimming pool, a huge indoor "sports hall", a stadium with a 400 meter track surrounding a central field for games and sports, an outdoor swimming pool, exercise grounds and tennis courts.

The American students live in a "pension", operated in connection with the school, that overlooks the stadium and distant fields and woods. The greater number of the rooms accommodate three students. There are a few rooms for two students, but no single rooms. Every effort is made to comply with the wishes of students in making the room assignments.

The climate of Ollerup is ideal for summer work. The average temperature during July and August is from 70° to 80°, and the heat of the warmest days rarely exceeds 86° Fahrenheit.

A PHYSICIAN'S ESTIMATE OF THE COURSE

In 1929 Dr. Stella S. Bradford of Montclair, N. J., examining physician for Russell Sage College, School of Physical Education and Hygiene, went with the group to take the course and to study the work from the medical point of view. Dr. Bradford has prepared the following statement to give, briefly, her evaluation of Fundamental Gymnastics.

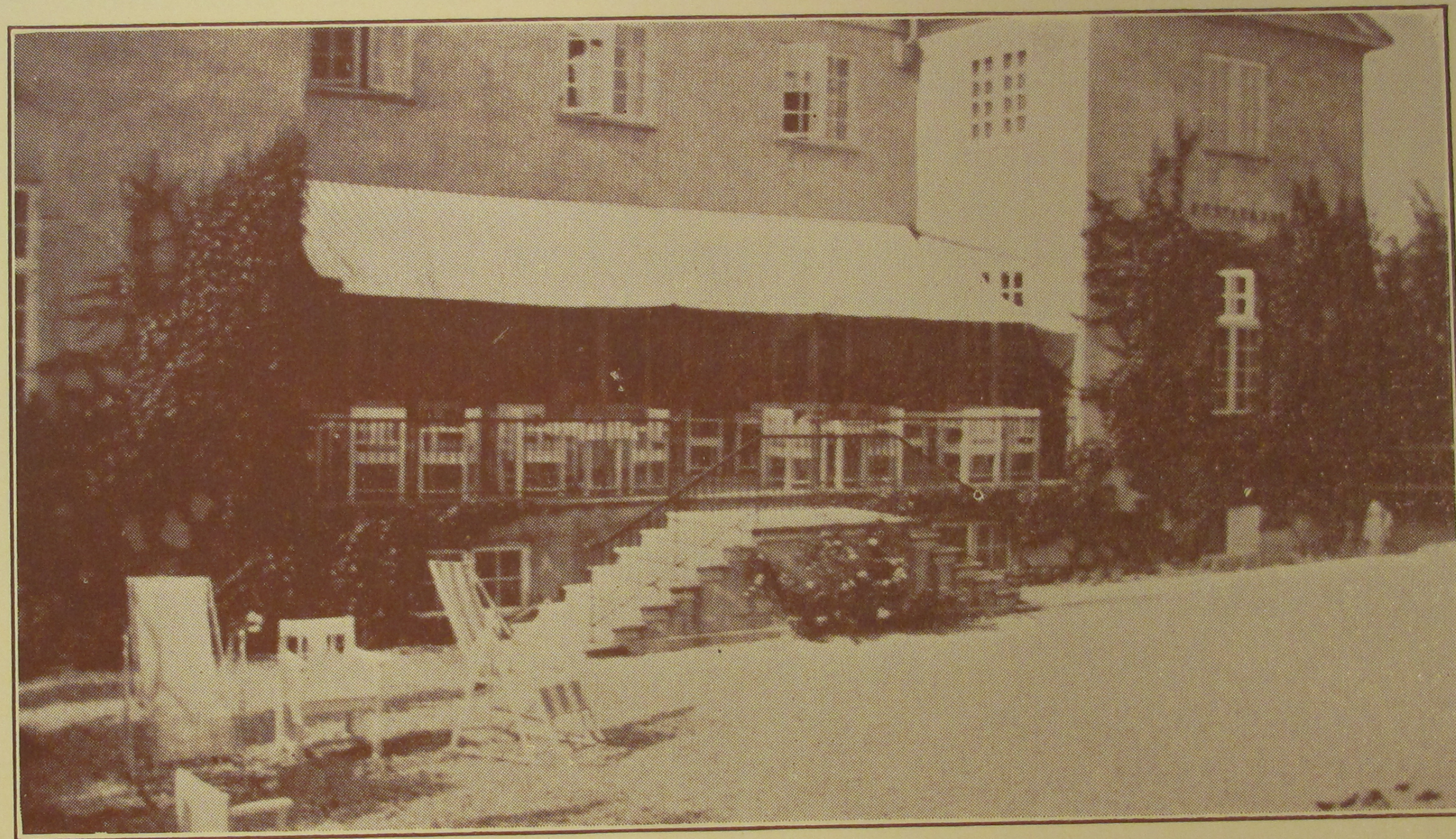
"I went with the group from the United States in the summer of 1929, to study the work from the medical point of view. I found a scheme of exercise so natural that it might have been developed from watching colts in a field, and so simple that the children of the neighborhood use the exercises in their play. Yet the scientific principles underlying these same exercises are so far reaching and involved that one might study their action and application for a life time, and leave something yet to be discovered.

I believe these exercises are in the best sense 'corrective', and that they work towards general harmonious development, and, at the same time, insure flexibility of joint action, and ability to co-ordinate, whatever the stiffness or postural abnormality.

This 'fundamental' quality makes them almost universally applicable, though when they are given to groups there is a zest and stimulus, from the rhythm of the group action, that is absent in indi-

vidual work. I believe that if groups are carefully classified as to strength and skill, Fundamental Gymnastics can be taught with profit to any group of organically sound people of any age and either sex, *provided* the teacher knows the exercises and their theory, knows her group by actual examination, and is skilled in adaptation.

Those who give their best to the six weeks course will add to their equipment not only a knowledge of Fundamental Gymnastics, but something of the science of Physical Activity itself, and the art of its application, since Mr. Bukh is himself a student, an original thinker, and a leader of unusual power. In addition they will rest in the beauty of Denmark, gain new courage from the friendliness and integrity of its people, enlarge their vision by the quality of its democracy, and find real inspiration in the thrill of the Demonstrations given by the Danish girls, as they move over the green stadium with the beauty of Greek statues and the grace of children."



PENSION



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